

# My Wellness Worksheet

What does my life look like when I'm at my best?

What activities am I doing regularly at my best?

What are early warning signs I'm not doing great?

What activities can help me feel better?

What are signs I'm really struggling or entering crisis mode?

What can I do at this point to move back to wellness?

Who can I ask for help or what assistance is available to me?

How can I access this?

Is there anything I want to add or subtract in my life to increase my overall wellness?